



Indian River

(B) V Swimming/Diving

Coaches:

- Alan Baker, Head Coach
- Marcia Pawling, Asst Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 13, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Nov 14, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Nov 15, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Nov 16, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Nov 17, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Nov 20, 2023	Mon	Practice	N/A	10:45 AM	12:00 PM	Middle School Pool			
Nov 21, 2023	Tue	Practice	N/A	10:45 AM	12:00 PM	Middle School Pool			
Nov 22, 2023	Wed	Practice	N/A	10:00 AM	12:00 PM	Middle School Pool			
Nov 24, 2023	Fri	Practice	N/A	10:00 AM	12:00 PM	Middle School Pool			
Nov 27, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Nov 28, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
CANCELLED Nov 29, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Nov 30, 2023	Thu	Regular Season @ Lowville		5:00 PM		Lowville High School	Bus/Driver: Coach Baker/Pawling/12 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:15 PM Return Date: Return Time: 8:30 PM	L
Dec 1, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 4, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 5, 2023	Tue	Regular Season @ Carthage		5:00 PM		Carthage HS Pool	Bus/Driver: Coach Baker/Pawling/12 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L
Dec 6, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 7, 2023	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 8, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 9, 2023	Sat	Regular Season (IR Invitational)	Watertown, South Jefferson, Lowville, Gouverneur	11:00 AM		Middle School Pool			L
Dec 9, 2023	Sat	Meet (Indian River Invitational)	Vs. Multiple	11:00 AM	4:00 PM	Middle School Pool, Indian River Middle School Gym #3 (Pool Side)			NL
Dec 9, 2023	Sat	Regular Season (Invitational)	Mexico	11:00 AM		Middle School Pool			NL
Dec 11, 2023	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 12, 2023	Tue	Regular Season	Gouverneur	5:00 PM	6:30 PM	Middle School Pool			L
Dec 13, 2023	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 14, 2023	Thu	Regular Season	@ Watertown	5:00 PM		Watertown H S	Bus/Driver: Coach Baker/Pawling/12 Athletes	Departure Point: High School Athletic Doors Departure Time: 3:30 PM Return Date: Return Time: 8:00 PM	L
Dec 15, 2023	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 18, 2023	Mon	Regular Season	South Jefferson	5:00 PM	6:30 PM	Middle School Pool			L
Dec 19, 2023	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Dec 20, 2023	Wed	Regular Season	@ Canton	5:00 PM	7:00 PM	Williams HS	Bus/Driver: Coach Baker/Pawling/Benner/24 Athletes	Departure Point: Middle School Pool Entrance Departure Time: 2:50 PM Return Date: Return Time: 8:30 PM	L
Dec 26, 2023	Tue	Practice	N/A	9:00 AM	11:00 PM	Middle School Pool			
Dec 27, 2023	Wed	Practice	N/A	9:00 AM	11:00 AM	Middle School Pool			
Dec 28, 2023	Thu	Practice	N/A	9:00 AM	11:00 AM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Jan 3, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 4, 2024	Thu	Regular Season	Carthage	5:00 PM	6:30 PM	Middle School Pool			L
Jan 5, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 8, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
CANCELLED Jan 10, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
CANCELLED Jan 11, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 12, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 16, 2024	Tue	Regular Season	Canton	5:00 PM	6:30 PM	Middle School Pool			L
Jan 17, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 19, 2024	Fri	Regular Season (League Diving Championships)	Watertown, Carthage, Lowville, Gouverneur @ South Jefferson	5:00 PM		SJ HS/MS - Pool	Bus/Driver: Coach Baker/Pawling/12 Athletes	Departure Time: 4:30 PM Return Date: Return Time: 8:00 PM	L
Jan 20, 2024	Sat	Regular Season (League Championship Meet)	Watertown, South Jefferson, Carthage, Lowville, Gouverneur	11:00 AM		Middle School Pool			L
Jan 22, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
CANCELLED Jan 24, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 26, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 27, 2024	Sat	Regular Season (Watertown Invitational)	Gouverneur, Carthage, Lowville, South Jefferson @ Watertown	11:00 PM		Watertown H S	Bus/Driver: Coach Baker/Pawling/12 Athletes	Departure Time: 8:30 AM Return Date: Return Time: 3:00 PM	L
Jan 29, 2024	Mon	Regular Season	Watertown	5:00 PM	6:30 PM	Middle School Pool			L
Jan 30, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Jan 31, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 1, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 2, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 5, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 6, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 7, 2024	Wed	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 8, 2024	Thu	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
CANCELLED Feb 9, 2024	Fri	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 12, 2024	Mon	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 13, 2024	Tue	Practice	N/A	3:00 PM	5:00 PM	Middle School Pool			
Feb 14, 2024	Wed	Regular Season (Class B Swimming Championships)	@ TBD	3:00 PM		Nottingham High School (Pool)	Bus/Driver: Coach Baker/Pawling/8 Athletes Class Dismissal: 10:50 AM	Departure Point: High School Athletic Doors Departure Time: 11:00 AM Return Date: Return Time: 10:00 PM	L
Feb 15, 2024	Thu	Practice	N/A	3:00 PM	4:00 PM	Middle School Pool			
Feb 16, 2024	Fri	Post-Season (Class B Swimming State Qualifier)	@ TBD	3:00 PM		Nottingham High School (Pool)	Bus/Driver: Coach Baker/Pawling/8 Athletes Class Dismissal: 10:50 PM	Departure Point: High School Athletic Doors Departure Time: 11:00 AM Return Date: Return Time: 7:30 PM	NL

Date: 2024-05-02